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FROM ATHEROSCLEROSIS TO "COPD" TO ZITS!

Jonathan V. Wright MD

GREEN MEDICINE NEWSLETTER

This ONE Mineral Can Help A Myriad Of Conditions From Atherosclerosis To “COPD” To Zits!

By Dr. Jonathan V. Wright M.D. N.D. (Hon.)

If you’ve read or heard anything at all about potassium iodide, it’s probably been in association with terrorist attacks or nuclear power plant disasters.

Potassium iodide (usually taken in tablet form) is recommended by “public health” authorities to protect the thyroid gland against accumulation of radioactive iodine released by a “terrorist bomb” or by a nuclear power plant “meltdown”. But in reality, potassium iodide is a very effective “home remedy” with literally dozens of uses.

Older readers may remember Mother putting “iodine” on cuts and scrapes. It kept infection away as well as any “modern” antibiotic ointment, with the added benefit of not inducing “bacterial resistance”. But what else is potassium iodide (usually abbreviated by the initials “SSKI”, short for “Saturated Solution of Potassium Iodide”) good for? Read on…and make sure to read the last section about keeping SSKI use safe.

Some years ago, a retired Indian physician told me about his use of SSKI during more than 30 years traveling from village to village in rural Africa. Most usually, the only drinking water available was from a local stream or river, muddy and contaminated. After removing sediment and debris by straining the dirty water through cheesecloth, he’d add several drops of SSKI, and wait two to three minutes. He and his team could then drink the water. In over 30 years, he never got an infection from contaminated water. The SSKI killed any micro-organisms present.

Fortunately, the water available to most of us when traveling is considerably cleaner. Despite this, when Holly (my wife) and I travel, we always carry a small bottle of SSKI, and put one or two drops into any water we’re not absolutely certain about. When we’re forced to travel by air, we drink a few ounces of water with 10 drops of SSKI, and prevent any “airline sinusitis” or other respiratory infection that so often follows several hours spent breathing re-cycled air. (SSKI rapidly accumulates in any and all body secretions, including in the sinuses, where it inhibits or kills bacteria, viruses, and fungi before they can cause an infection.)

Although Holly has never had the experience, occasionally another woman at one of the conferences we attend has developed a bladder infection when far away from home and her own physician. Holly gives her our "back-up" small bottle of SSKI with instructions to take 10 to 15 drops in water or juice every 3 to 4 hours (while awake) until the infection is gone.

[Although SSKI is close to 100% effective in the elimination of bladder infections, this is a "high dose"; make sure to read the last section below about iodide and iodine safety.] If possible, it's best to use the simple sugar D-mannose to eliminate bladder infections. D-mannose treatment for bladder infections was first used clinically at Tahoma Clinic. It is effective over 90% of the time, and is very, very safe. For details about this (in case you don't know already), see the booklet "D-mannose and Bladder Infection" by Lane Lenard Ph.D. and me, available through the Tahoma Clinic Dispensary.]

When our children were teenagers, they always knew where to find the SSKI bottle. Whenever one of them "popped a zit", she or he would rub SSKI into it every hour or two. The offending "zit" would be gone in 24-48 hours or less; an innumerable number of social events were rendered "zit-free" by this approach.

So far, I've been telling you about SSKI's ability to "kill germs" in one place or another. We'll return to this important "home remedy" use for SSKI, but let's digress for now to other uses.

Many women develop "fibrocystic breast disease". In the 1970s, I learned from pioneering trace element researcher Dr. John Myers that the iodine in "Lugol's iodine" (only available by prescription in the "full strength" version) would eliminate even the most severe cases of fibrocystic breast disease. (SSKI contains only iodide, not iodine, and doesn't eliminate fibrocystic breast disease as iodine does.)

[For the full details of this treatment, see pages 169-174 of "*Natural Medicine, Optimal Wellness*" by Alan Gaby M.D. and me.] In "medium" to "minor" cases, 6 to 8 drops of Lugol's iodine taken in a few ounces of water daily will frequently reduce fibrocystic breast disease to insignificance within three to six months. Please do not do this without monitoring your thyroid function.

One of our daughters and at least thirty other women I've worked with in nearly 30 years have helped ovarian cysts disappear within two to three months with the same quantity of SSKI. Don't forget to monitor thyroid function; your physician

skilled and knowledgeable about natural medicine will help you with that!

It's very likely that iodine helps eliminate fibrocystic breast disease and ovarian cysts at least partly through its interaction with estrogens…that brings us to another important use for SSKI. Both iodide and iodine help your body to metabolize estrone (a slightly carcinogenic human estrogen) and 16-alpha-hydroxyestrone (a much more dangerous metabolite of human estrogen) into estriol, an "anti-carcinogenic" human estrogen. I've reviewed at least two thousand hormone tests in over 36 years, which have proven this point. This testing and treatment usually requires the help of a physician skilled and knowledgeable in nutritional and natural medicine, who can also help with monitoring thyroid function.

"Dupuytren's contracture" and "Peyronie's disease" are two "fibrotic" conditions that can be helped considerably by SSKI. In Dupuytren's contracture, thickening (fibrosis) occurs along one of the tendons in the palm in the hand, pulling the related finger down towards the palm. As the problem progresses, the finger often can't be straightened any more.

In Peyronie's disease, a very similar thickening occurs along the shaft of the penis, making erections increasing "curved" and painful. In both cases, rubbing SSKI into the thickened tissue at least twice daily softens and lessens the fibrotic area over a period of several months, allowing for more normal function.

For these conditions, it's additionally helpful to take para-aminobenzoic acid (PABA) 2 grams, three times daily, and to rub a mixture of Vitamin E and DMSO into the thickened areas, also. However, if "caught early", SSKI alone will often "do the job". (It's also advisable to have the "Kraft Pre-Diabetes test" done, as there's an unusually high incidence of "insulin resistance" in people with Dupuytren's contracture or Peyronie's disease. (For details about this test, see Meridian Valley Lab.)

"Keloids" are abnormally thick scars, sometimes as much as an inch thick, that can form after injury. Although anyone can get a keloid, they're more common among African Americans than other ethnic groups. Rubbing SSKI into a keloid at least twice daily will ultimately flatten them down to a "normal scar", but it can take many months to a year for particularly bad ones. The treatment goes faster if SSKI is mixed "50-50" with DMSO.

“Fistulas” are literally abnormal tunnels through tissues, “tunnels” prevented from healing by chronic infection. Two not-unusual types are “peri-anal fistulas” (a “tunnel” from outside the anus to the inside of the rectum) and “recto-vaginal” fistulas. Although these fistulas can be treated successfully by surgery, they can often be healed by frequent swabbing inside and out with an SSKI-soaked “Q-tip”. Patience is required: Complete healing often takes several months. The treatment appears to work better if the SSKI is mixed with DMSO, which enhances “penetrance”.

My colleague Richard Kunin, M.D. of San Francisco, is a “world class” expert on the use of SSKI and other forms of iodine. He has found that hemorrhoids will sometimes disappear literally overnight, when SSKI (20 drops) mixed with flaxseed oil (1 ounce) is rubbed in them at bedtime. He’s also found that SSKI alone will do the same job, although it “really stings” when applied to a hemorrhoid by itself.

When I was a pre-med student at Harvard University, the famous chemistry professor Louis Feiser made a point of demonstrating to all the pre-medical students that iodine and iodide would make oils, fats, and waxes (cholesterol is actually a wax) more soluble in water. He urged us to remember this in our medical practices, as he was sure it wouldn’t be taught in medical school (he was right!). This known action of iodide likely explains why SSKI can be useful in the next two applications.

Over 30 years ago, two ophthalmologists observed that a combination tablet called “Iodo-niacin” (iodide 120 milligrams, niacin 15 milligrams) taken for several months could actually reverse atherosclerotic clogging of arteries. They proved this effect by taking pictures of clogged arteries in the backs of the eyes (“retinal photomicrographs”) before and after treatment. The published photographs showed a significant lessening of the cholesterol-laden artery clogging in the “after” pictures.

Amazingly enough, no follow-up study has ever been published (probably because niacin and iodide aren’t patentable). Despite this, the published pictures speak clearly for themselves. I recommend 4 to 6 drops of SSKI and niacin-containing B-complex daily (along with many other things) for anyone with significant cholesterol-related atherosclerotic clogging. Thyroid function must be monitored!

“Sebaceous cysts” are cysts, which contain oily, fatty material. They usually appear rather suddenly on the face or in the groin or labia. Rubbing in SSKI mixed 50-50 with DMSO will almost always persuade these cysts to go away in a week or two; it appears that the iodide “dissolves” the fatty, oily material contained in the cysts, allowing your body to slowly re-absorb and dispose of it.

Although it’s not a common condition, from time to time someone will come to my office at Tahoma Clinic inquiring about alternatives to surgery for “parotid duct stone”. These are “stones” which can form in the saliva-carrying duct(s) from the major salivary glands (“parotid” glands, located at the “angle of the jaw”). 3 to 4 drops of SSKI taken in water daily will almost always dissolve parotid duct stones within four to eight months.

If you have chronic bronchitis and or emphysema (“COPD”, “COLD”) SSKI is an invaluable tool. SSKI “gets into” all body secretions, including often thick and hard to cough up bronchial secretions, which get infected very easily. SSKI takes care of both of these problems. It “loosens” secretions remarkably, making them much easier to “clear”, and it prevents micro-organisms from growing easily. With regular SSKI use, bronchial infection is a much less frequent happening.

Depending on the severity of COPD, I recommend 3 to 6 drops of SSKI taken in water once daily. As COPD is usually a chronic condition, SSKI use will usually be indefinite, so make sure to monitor your thyroid function! (See the February 2016 Green Medicine Newsletter for a more complete discussion of natural COPD treatment.)

Now, back to other infections. If they’re in tissues “just beneath the surface” using SSKI 30% mixed with DMSO 70% works most of the time, as the DMSO enables SSKI to penetrate much more deeply into the tissues and kill germs.

Infected “hangnails” are perhaps the easiest to clear up this way, as are nagging bacterial infections around the edges of the toenails. Rub in the mixture several times daily, and the problem is usually gone in a few days. Herpes simplex (“herpes”) outbreaks can be “stopped cold” in the same way, but it often takes longer for the “sore” to heal itself over.

If you have persistent “swollen glands” in the throat or groin areas, see a doctor first! These can very rarely be signs of leukemia, lymphoma, or another cancer, especially in older people. But if all tests and studies are negative, and the doctor says, “it’s just swollen glands”; rub in the SSKI with DMSO. In a large majority of cases, the “just swollen glands” will gradually fade away.

Fungus under the toenails (“onychomycosis”) is a difficult problem to treat. Even “conventional” anti-fungal drug treatment takes months to work, and (for safety) monthly liver function tests are necessary. SSKI and DMSO rubbed on, around, and under the affected toenails don’t work any faster, but it’s just as effective, and definitely safer. Make sure to wear old socks, because SSKI and other forms of iodine leave an orange-brown stain. (Other safe and effective alternatives include geranium oil, oregano oil, and tea tree oil. These and other anti-fungal oils also require “help” from DMSO to penetrate the toenail and soak the fungus underneath.)

SSKI can also help clear up vaginal infections. 20 to 30 drops in water, used in a small “douche” once daily for five to ten days will usually do the job. (There’s actually a prescription-only iodine preparation available for vaginal infections, too.) However, iodine preparations of any sort for vaginal infections are often not popular because of the inevitable orange-brown stains they leave on clothing.

What about SSKI to help a “weak” thyroid (hypothyroidism)?

Even though iodine and iodide are absolutely essential to thyroid hormone formation, in most “developed” countries, hypothyroid conditions are not usually due to an outright lack of iodine or iodide. Still, hypothyroidism is occasionally helped by 1 drop of SSKI daily. Make sure to work with your doctor on this one!

Lastly, there’s a gastronomic use for SSKI: reducing the gas we all get from eating beans! If you’re soaking beans before cooking them, add 1 or 2 drops of SSKI, and let them soak for an hour or more. (Pour off that water before cooking, and add fresh water.) You’ll be surprised at the reduction in resulting intestinal gas! (For those who want a technical explanation: There’s a naturally occurring enzyme inhibitor in beans, which interferes with starch digestion, producing gas. SSKI inactivates this enzyme inhibitor.)

OBTAINING SSKI

In the past, SSKI and other forms of iodine and iodide were available only by prescription, or through chemical supply sources. Since the mid-1990s passage of the Federal DSHEA law, we’ve partially regained at least one basic American freedom, to buy and sell natural substances (narcotics exempted) without prescription.

Unfortunately, you may not have read or heard much about SSKI because (despite Federal Appeals Court decisions) FDA still violates the First Amendment to the Constitution by completely suppressing truthful, scientifically based

information about product use for health purposes on natural supplements (and even foods) labels or in advertisements…no, not kidding! For details about FDA's suppression of truthful information about foods and food supplements, see the book ***Death by Regulation*** by Dr. Mary Ruwart, to be published April 10th, 2018. ("Go to" www.DeathByRegulation.us.)

SSKI can be obtained without prescription in some compounding pharmacies, some health food stores, through "on-line" sources, and at the Tahoma Clinic Dispensary in a convenient travel size dropper bottle as "Bernard's Solution", developed in the early 1880s by French chemist Bernard Courtois. A decade or more later, Dr. Jean Lugol of Paris developed "Lugol's iodine."

USE SSKI (and LUGOL's IODINE) SAFELY!!

There are three "hazards" to using Bernard's Solution (SSKI) and Lugol's iodine: staining, allergy, and a very small possibility of thyroid suppression with longer-term use of "too much".

Staining can be a big nuisance, but it's not a health hazard. When either compound is applied to skin, it can impart a faint to moderate orange-brown color, which fades away once it's is no longer being applied. SSKI and other iodine stains in clothing can be semi-permanent or permanent, so don't plan to wear anything "nice" in the vicinity of recently-applied iodine or iodide.

Iodine allergy is a possibility, although in nearly 30 years of medical practice I've seen it only a few times. Usually, it causes a red, bumpy skin rash, which goes away after SSKI or other iodine is discontinued. Topical (applied to the skin surface) iodine allergy is almost never a serious emergency.

Bernard's Solution (SSKI) or Lugol's iodine can very occasionally cause acne, which also goes away once the source of iodine is discontinued.

The type of so-called "iodine allergy" that can interfere with breathing and occasionally sends us to the emergency room is usually not allergy to iodine or iodine molecules, but instead to much larger, possibly iodine-containing molecules found in lobster, crab, clams and other "shellfish". These molecules are not present in SSKI or iodine. However, if there's any suspicion at all of iodine or iodide allergy, it's best not to swallow any without testing for allergy or sensitivity.

Too much iodine or iodide for too long can suppress thyroid function. Many of the uses described for Bernard's Solution in this article are short-term, from a few

days or less to a week or two. If it's then stopped, there's almost no chance of significant thyroid suppression. However, if Bernard's Solution or Lugol's iodine is to be used for two to three weeks or longer, and especially if it's to be used continuously (for example, COPD or cholesterol-related atherosclerosis) monitoring thyroid function is very important. Find a physician near you who can help order and interpret thyroid function tests. If referral is needed, "go to" Meridian Valley Lab. or call 206-209-4200.

Fortunately, in my experience with over a thousand individuals, internal use of six drops or less of SSKI daily has very rarely resulted in thyroid suppression. On those very few occasions, discontinuance has resulted in prompt recovery. So far, I've never seen thyroid suppression result from "topical" (skin surface) use of SSKI. Always work with a physician skilled and knowledgeable in natural medicine if you intend to use more SSKI, especially for weeks to months at a time.

A final "safety" note: Dr. Kunin cautions (and I agree) that if you use SSKI or other iodine "long-term", make sure your diet contains plenty of essential fatty acids (both omega-3 and omega-6) as well as the sulfur-containing amino acids methionine and cysteine. If you eat animal protein daily, that's usually sufficient as a source of these two amino acids, but if you're vegetarian (or close) and using "long term" SSKI or other iodine, then take 300-500 milligrams of each daily.

IODINE, IODIDE, WHAT'S THE DIFFERENCE?

Iodine is a basic element, as are calcium, zinc, oxygen and other elements. The word "iodine" usually refers to two iodine molecules chemically "stuck together" (I_2), just as the word "oxygen" usually refers to two oxygen molecules "stuck together" (O_2). Since iodine is more reactive, and therefore more likely to cause problems, iodine is usually used as "iodide", a word that refers to one iodine molecule combined with another molecule such as potassium (KI) or sodium (NaI). In chemical terms, such molecules are called "salts"; the best-known salt is sodium chloride (NaCl), a "salt" of chlorine (Cl_2).

BONUS ARTICLE:

Prevent Breast Cancer with Iodine and Iodide

Kill Breast Cancer Cells With Iodine

While it's true that eating broccoli, cauliflower, cabbage, bok choy and other vegetables usually termed "cruciferous" or "brassica" helps cut breast cancer risk, very likely the most important way to prevent cancer is with the mineral iodine in either of its forms. Technically, the word "iodine" actually refers to two iodine molecules "stuck together" (in chemical terms "I_2") very similar to oxygen, or O_2. Closely related—but not exactly the same as iodine—is "iodide", which actually means just one iodine molecule, usually associated with a sodium or potassium molecule. These molecules are termed "sodium iodide" ("NaI") and "potassium iodide" ("KI").

Both iodine and iodide prevent cancer by enabling a woman's own body to produce more of the anti-carcinogenic estrogen, estriol. Dr. Henry Lemon, Professor and head of Gynecologic Oncology at the University of Nebraska. taught us that if there's more estriol than the total of two other estrogens, estrone, and estradiol, then cancer risk is less. So how do we know that iodine and iodide increase estriol? By hormone tests done at Tahoma Clinic in the 1970s and 1980s after we learned from Dr. John A. Myers of Baltimore that fibrocystic breast disease—even severe cases—was 100% curable with the use of iodine.

Yes, I did say 100% curable! Since learning this from Dr. Myers, Tahoma Clinic physicians have safely and successfully eliminated fibrocystic breast disease in 100% of hundreds of women treated. (Click here to read a "case report".)

But back to iodine, iodide, and estriol. In the 1970s and 80s, some women were told that fibrocystic breast disease meant higher cancer risk. Since we had learned from Dr. Henry Lemon that when a woman had more estriol than her total of estrone and estradiol she had lower cancer risk[1], I recommended that these women have these estrogens measured. Unfortunately, many of these women had low estriol. But after iodine treatment, their estriol levels were much higher in nearly every case! Iodine (and iodide) both protect against breast cancer by increasing estriol levels[2]!

Even better, iodine (but not iodide) can actually kill many (but not all) breast cancer cells. Researchers in Mexico[3,4], India[5], and Germany[6,7] have all reported that when iodine is added to cultures containing both cells normally found in breasts as well as breast cancer cells, iodine (but not iodide) combines with certain fat molecules naturally present in every woman's breasts to form cancer-killing molecules named "iodolactones".

In the research reported from India, four of five types of breast cancer cells (for the technically inclined, "breast cancer cell lines") were killed naturally by this action of iodine, while normal breast cancer cells were not harmed[5]! One of the Mexican research groups wrote: "*We propose that an I_2 supplement should be*

considered as an adjuvant in breast cancer therapy[3]." (When "adjuvant" treatment is proposed, it means in English: This stuff really works, but it's too soon to say it should be used by itself as the only treatment.)

German researchers also reported[6] that iodine (as iodolactone) killed breast cancer cells. These researchers also reported that iodine and iodolactones killed significant percentages of eleven of twelve types of cancer cells, including neuroblastoma (a type of brain cancer, the only type of cancer cell inhibited 100%) cells and lung cancer cells. Only one of the twelve types of cancer cells—colon cancer cells—were 0% killed.

But back to significantly reducing breast cancer risk. At Tahoma Clinic, we recommend that any woman who wants to safely, effectively and significantly reduce her risk of breast cancer consider rubbing in one or two drops of full-strength Lugol's iodine into her breasts daily. That puts the iodine component of Lugol's iodine "right where it goes" into breast tissue so that if any cancer cells start to form, there's a very good chance they'll be killed. Lugol's also contains iodide, which is important to thyroid function and is also used by the ovaries (along with iodine) to significantly increase estriol production, which significantly reduces cancer risk.

According to Dr. Guy Abraham, former professor of Obstetrics and Gynecology at UCLA, two drops of Lugol's iodine is less than the amount needed to interfere with thyroid function. However, everyone's different, so please check with your own physician skilled and knowledgeable in natural medicine about whether this cancer-preventive (and cancer cell killing) natural treatment is OK for you!

Unfortunately, since 2007 full-strength Lugol's iodine has become enmeshed in such a web of *los federales* regulations that it is almost always available only by prescription. Apparently in 2007 *los federales* became concerned that Americans "might" all rush out to buy Lugol's to help manufacture amphetamines, even though *los federales* own 2007 "Final Rule" states: "*DEA currently has no evidence that Lugol's Solution is diverted as a source of iodine for illicit purposes*[8]".

Endnotes

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